

THE TIMES DAILY MAGAZINE PAGE

Psychology and Common Sense in Relation to One's Own Primitive Delights

Human Sympathy and Plain Understanding of Fellow Men Worth More Than Pose of "Psychology of Reaction."

By WINIFRED BLACK.

NOW the psychology of that," said the proxy man, "I shall never know what, for I didn't stay to hear."

I never stay to hear anything that begins with psychology.

Also, if any one wants to get rid of me in a hurry, all they have to do is to begin to talk about reactions.

For these two words I have the deep and vile aversion of a dog for a tortoise-shell cat. And the worst of it is everybody is using them now.

I heard a woman talking about the psychology of making your own baby love you the other day, and when you came to translate what she meant she was just trying to say that you must love your baby, and that was all.

I heard a man telling how he got a reaction from a girl when he spoke before them, and all he meant was that he appealed to their prejudice or religious bias whenever he could.

Psychology! Every empty-headed imitator in the country begins to prate "psychology."

Every shallow-pated little woman who wants to make herself believe that she is steadfast and courageous and "new" talks about reactions, and looks so pleased with herself when she does it. She's never vexed any more or put out or cross or just plain American "mad" she's reacting, and that makes such a difference.

New Names For Old.

A man who knows how to catch the crowd in a rough-and-tumble speech isn't with a gift for talk; he's psychological, and that alters the case.

Common sense we used to call it, human sympathy, plain understanding of your plain fellow-men, and so on.

I like these qualities better under their old names. There is more than a hint of affected superiority about them.

Psychological point of view. Besides, there's something pathetic about it.

I know the nicest little woman in the world, and her husband is drifting away from her because she stays at home, safe and sound, while he gallivants and makes himself agreeable to the ladies.

Now, ten years ago that woman's older sister faced the same situation, and she went downtown and bought some new party frocks and telephoned all her friends and began going to parties again. Her husband didn't go at first; he went to his club, or wherever it was that he spent his evenings, but in the course of time he heard so much

Common Sense Cure.

If a girl of mine began to talk to me about the psychology of some perfectly simple affair, I'd tell her to get on top of her head, put her into a kitchen apron and get her to go out to the cook and learn the psychology of a blazer, and the proper reaction of a blazer to a girl.

What's the matter with us all, anyway? Can't we ever take a long breath and get on with our lives, and analyze the reason for wanting to do it?

There is to be no more love and pity and folly and remorse, no more friendship and fidelity, no more loyalty and truth, just psychology and reaction and all the rest of the affected, pedantic, supercilious business.

Come, little sister, let's pack the lunch basket—no, not that little nimble-pimply one with the fancy work and the decorated handle. Get the good, big basket, with two heavy handles and a bottom. Let's fill it full to the very top—sandwiches and boiled eggs and deviled eggs and chocolate cakes and bread and butter and fruit, and everything that's good to eat that we can find. Let's ask a lot of good-natured boys to go with us, and let's go on a picnic, and let's eat and drink, and walk and talk, and laugh and get mad and get over it, and get tired and get on with our lives, and let's be good friends, and let's come home by moonlight and sing all the way.

And if we catch a single self-conscious, self-analyzing, self-pleased human being looking at us and smiling at our primitive delights, let's be sorry for him from the bottom of our hearts, but don't let him get a single "psychological reaction" from us.

Not to save his analytical life.

Spick and Span Beauty Ways

Many Little Things That Give Charm Urged Upon the Feminine Reader.

By LUCREZIA BORI.

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ONCE heard a well-known authority on beauty say: "Beauty depends not so much upon perfect features as upon health in the first place, and in the second in being well-groomed." I agree with her. A woman to cry the importance of being well-groomed, and health, so that her skin will be clear, her carriage erect and buoyant, her personality vivacious, and her brilliant with color and life, and her eyes glowing and responsive to every emotion.

Possessing health, every woman should devote sufficient time to keeping herself well-groomed, and her clothes up-to-date. "Down" can never discredit beautiful. In fact, it has long been demonstrated that dress is one of the most important factors in the feminine world.

A well-dressed woman not only inspires confidence in herself but in others as well. The term "well-dressed" means something besides good material and smart lines. It means the perfect adjustment of the different garments. This is the secret of appearing well-groomed—looking as if one just had stepped out of a bandbox.

Comparatively few women possess this knack of wearing their clothes properly. Many times I have seen a smart hat completely lose its chic by being worn at the wrong angle. Allow yourself plenty of time to dress—

when possible—for the woman who boasts of being able to dress in ten or twenty minutes, usually looks the part. It takes time to polish a hat and adjust a veil properly.

When you buy your autumn hats—give them a little here, a turn there until you strike just the right angle from which the lines are becoming clear and distinct. This will give you the elusive and desirable thing called "chic."

Women know that a veil should be smooth, and straight—so that the mesh will not run in crooked lines—and the ends neatly tucked at the back, yet few use this knowledge to advantage. In adjusting a veil fold it in halves and pin the center of the veil to the center of the hair just at the edge of the hat brim. This will keep the veil neatly closed from the neck to the brim. Now tie the ends and pin them to the hat so that they cannot become untied. Buy different veils for hats of different sizes, for a veil intended for a wide-brimmed sailor should never be worn with a toque.

One of the earmarks of a careless dresser is the "sluggish" manner in which she adjusts her blouse. It is not an uncommon sight to see the belt of the blouse showing above the skirt belt, yet it requires only a narrow piece of elastic to which a hook and eye is attached to keep the blouse in position. Surely it takes little time to provide such an indispensable help toward neatness.

Next see that your skirt is on perfectly straight. Many well-made skirts appear ill-fitting because they are not worn properly. If the seams are a half-inch out of plumb the skirt is robbed of its style.

Have you ever noticed that the majority of women seem to neglect the appearance of their feet? They wear shoes whose laces are not suited to their feet and their stockings wrinkle over the instep. When adjusting your stockings see that the back seam is straight, then smooth out all wrinkles and snap the supporters in the right positions to retain this neatness.

When selecting shoes choose the styles that will bring out the good lines of your feet and not contort them.

I have heard many women complain about not being able to keep the rebellious ends of their hair neatly in place, if you are afflicted in this manner, arrange your coiffure, then take a fan and raise a temporary whirlwind. The refractory waves will make their appearance and can be pinned smoothly in place with invisible pins. You will always have a well-groomed head if this suggestion is followed.

Do not get the impression that I admire old-maidish "primness" in women. It is unfortunate—but there is nothing like being "spick and span" in the adjustment of your clothing.

His Business.

"That son of yours is a likely lad, Sam. Why don't you let him join up and help us to end the war?"

"What! my boy Bill? Naw, naw. What I say is, that there Kayser, he started the war, let 'im finish it, 'specially—"

"Passing show."

Girl Graduate of Two Years Will Direct Chinese Women's College

Miss Fung Hin Liu, Wellesley 1914, Returning to Organize Canton Christian College With Western Knowledge.

Outlines Her Plans and Aspirations to Guide Her Countrywomen, in Their New-found Liberties.

By MABEL E. WINSLOW.

A COLLEGE GRADUATE of the class of 1914, a young girl is to assume control of the only woman's college in south China.

The graduate is Miss Fung Hin Liu, who received her A. B. degree from Wellesley little more than a year ago. The institution she will direct is the woman's division of the Canton Christian College.

Nothing could show more clearly than this what the republic of China means to its women. After centuries of seclusion they find themselves allowed a freedom of which they have never dreamed. It is equally representative of the spirit of the new China that it looks to the young people of the nation for guidance.

A very jolly person is Miss Liu, notwithstanding the tradition that Orientals are solemn persons, never known to laugh. Perhaps her effervescent sense of humor is a product of her American education, but she seemed quite like any other young college graduate as she instinctively steered toward a very large and square table and seated herself very comfortably among the pillows.

The impression was strengthened by a decidedly American dress of deep brown velvet with brown chiffon sleeves and a gay bow at the throat.

When she begins to speak of what her work shall be after her return to China in January, the merry smile leaves her lips, for two things have given her a sense of responsibility for the future.

First of all, she has to live up to her name. It means consecration, and when she was a tiny baby her father dedicated her to the cause of helping the women of her own country.

Second, she is to have most of the work of organizing the woman's department of the Canton Christian College. Even now they are waiting for her to bring her fund of Western knowledge and organization before they must definitely plan for the opening of the college for women.

"My father was a man of unusual character," she said, "and began Miss Liu, speaking with a slight accent that betrayed itself in syllables occasionally reversed, "quaint usage of an English idiom and a careful choice of words. 'My father must somehow have seen into the future, when the women of my country would so need help from one of their countrywomen.'

"The women of America and Europe have much freedom to be sure, and the women of China have always been so sheltered, so protected. The freedom of the American women came to them gradually. That of the Chinese came suddenly—oh, so suddenly, after the empire became a republic."

"My countrywomen are bewildered. They need someone to guide them so that they may use their liberty in the right way. I hope my college will be able to train women so that they will be leaders. The women are very numerous and our work can be very slight, for ours is a poor college, but surely we can be of some help."

"Ah, but it warms my heart to see one of my countrywomen desire to help other Chinese. Even now in California two young women who have studied in American colleges are begging and begging to come over and teach at Canton. I have to refuse them. We are too poor, you see, to pay much or have many teachers. But I tell my friends in California not to despair. Perhaps—if we talk to the people out there—they will be glad to send them home to teach. Isn't that a good idea?"

"I have been doing much traveling since I left Wellesley and had a year of study at Columbia. I wanted to carry home the best ideas from all the big woman's colleges here, for that will be what I have to work with when I reach Canton. I visited Wellesley, Smith, Vassar, Simmons, Barnard, and Bryn Mawr, and every one of them was so cordial. Of course I love Wellesley and they gave me a royal welcome."

ROYAL BAKING POWDER
Absolutely Pure
No Alum—No Phosphate



MISS FUNG HIN LIU.

when I went there three weeks ago. The Smith girls were darling to me and gave more tea in my honor than I could tell you about. At Vassar they became so interested in the Canton college that they are sending me as their special representative. I am to make a second visit to Bryn Mawr next week to speak to the girls. They have all been most cordial.

"Everywhere I have interviewed the presidents and teachers, asking about their methods and organization. I have gone to the classrooms and lived the life of the college girls as much as possible to get myself into the right atmosphere."

"Before I go home I shall see some of the colleges in California and a Japanese college for women, too. Then I shall go to school in Peking and Shanghai before I leave for the south, for Canton."

"I have been worrying and worrying rather hard as to whether I shall be able to make speeches in Chinese when I get back home. I have a brain that works along one channel at a time. When I speak English I think in English. When I study German I think in German and I haven't thought in Chinese for so long that I don't know what I shall say, at first."

"There are, you see, certain words in the English language for which there is no Chinese equivalent. Thus it will be hard for me to convey certain ideas distinctive to English when I try to express myself in Chinese. There was one case I remember so well, that may show you just what I mean."

"I was attending college in the Middle West when China became a republic. Now there were a number of Chinese in town who wanted to have a celebration, and they had to have some one to interpret from English to Chinese. They asked me because I had been studying English. The principal speaker was an American. At first I thought I could never be able to do it. Most of those Chinese men were from north China, and the pronunciation is different from that of the south. But there was no one else to do it and I had to."

"The man used new words in his English speech, words that I didn't know how to say in Chinese. There was 'parliament' for one. How I managed I don't know, but at least they understood."

"Don't you think" and she looked over appealingly as she said it—"don't you think you can do anything if you know just how to do it? That's what keeps up my courage when I think of going back home and trying to take my message from the West to my countrywomen of the East."

"You see I have come here and done everything on my own hook," she smiled once more as she delivered this unmistakable Americanism.

"Aren't you dreadfully excited at

Dr. Hirshberg Replies to Queries of Times Readers Upon Health Problems

By DR. LEONARD KEENE HIRSHBERG.

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Baker—I suffer a great deal from a fullness in the head and nose, at times as if it were impossible to breathe. I am also very tight in the chest and breathe very hard. I have suffered from sneezing, but after following your directions, was relieved. Please advise me further.

You must have the adenoids, tonsils, and turbinate bones of the nose examined, and operated on if necessary. In the meantime, irrigate the nose and throat twice a day with alkaline antiseptic fluid diluted three times in water.

A Reader—I suffer considerably with my hands and feet. At times they feel as if they were asleep and have a tingling sensation. I have but little feeling in them. Please tell me what I can do.

More than likely this is anti-high blood pressure and lack of exercise. You must avoid excitement, and obtain plenty of sleep and rest. Do not bowler yourself, and keep the bowels active. Avoid colds, diabetes, salt, pepper, and other condiments. Take fifteen drops of a saturated solution of iodine of potassium in water after meals, increasing one drop at a time until you are taking fifty drops, then go down again to fifteen, and up again several times. Drink distilled water, fresh milk, and cream.

F. K.—Kindly tell me how I can fill out the hollow in my neck and chest. Will olive oil build up, and if so, what quantity should be used?

Plenty of deep breathing exercises will tend to fill out the hollows in the neck and chest, together with outdoor exercise in the fresh air and sunlight. Take lots of sleep. Eat green vegetables and drink two glasses of distilled water one-half hour before meals. Massage the

parts with a cream made from the following: Oil of sweet almonds, six ounces, white glycerine, three ounces, tincture of benzoin, two ounces, rose water, two drams; pulverized lanolin, one dram.

C. M. M.—I am troubled with a sour stomach, a great deal of belching and bloating of the stomach after meals, and suffer with headaches daily, which are sometimes very severe. Kindly advise me what to do for this trouble.

Sunshine and fresh air are the two best of nature's remedies, and with the co-operation of benefits reaped therefrom, you will be happily rewarded for your good faith if carried out with determination. You must get at least ten or twelve hours sleep in the twenty-four, and in a well-ventilated room. Fresh and dried fruits, green vegetables, vegetables with salad oil, water cream, rice, baked apples, brown bread, corn bread, ginger bread made with honey, honey, cereals and lots of distilled water, say about a half hour before each meal take two glasses of milk of magnesia just before meals, and six charcoal tablets after meals. This will probably eliminate all the headache trouble and the trouble first mentioned.

PERSONAL ADVICE.

Readers desiring advice should remember:

1. To address inquiries to Dr. L. K. Hirshberg, care of The Washington Times.
2. To enclose a stamped and addressed envelope if a personal reply is desired.

Head Stopped Up? Can't Breathe? Try the Vick Vap-O-Rub Treatment

Applied in Salve Form Over Throat and Chest Relieves by Inhalation and Absorption.

Vapor treatments are best for inflammations of the air passages. The vapors carry the medication direct to the inflamed surfaces without disturbing the stomach, as internal medicines will do. A very convenient vapor treatment is

VICK'S VAPORUB SALVE

a good application of Vick's "Vap-O-Rub" Salve over the throat and chest, covered with a warm flannel cloth. The body heat releases vapors that are inhaled with every breath, opening the air passages, loosening the phlegm, and healing the raw surfaces. For deep chest colds, first apply hot wet towels flannel surfaces without disturbing the stomach, as internal medicines will do. A very convenient vapor treatment is

Keep Away From Drugs

LAXATIVES and cathartics, used continuously, only accentuate the condition they are meant to cure.

Nujol, a pure, white mineral oil, is the recognized common-sense remedy for constipation. It conforms to the requirements of the well-known Lane treatment.

Nujol is odorless and tasteless, absolutely neutral, and is not digested or absorbed into the system. It acts merely as a mechanical lubricant.

Nujol is not a drug. Its use will not give quick, temporary relief. But Nujol is a genuine remedy in that it relieves constipation in the most natural way by lubricating the lining of the intestines, softening the intestinal contents, and thus promoting healthy and normal bowel activity.

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Write for "The Rational Treatment of Constipation," an informative treatise on constipation. If you cannot get Nujol from your druggist, we will send you a pint bottle prepaid to any point in the United States on receipt of 75c—money order or stamps.



Seen In The Shops

GOOD-NIGHT sets are surely the last word in luxury. They include one caudal stick, preferably of green; one candle of the same color, and, though last, not the least, a love-use infinitesimal pine pillow to tuck under one's slumbering nose.

The calendars for 1916 are appearing in the shops and stationery stores. One announces several new ideas that quite relieved it of brutality—if such a word exists in the English language. A delicately tinted print—a Maouina, a Grouse masterpiece, or a sepia photograph, all creating a frame for a beautiful gold, without glass. The calendar is suspended from an old gold cord looped around the frame, so as not to damage either it or the picture. The price is 15 cents.

Old rose or French blue leather—the kind that is smooth and has marbled veins in it—has been used for a convenient seat cover, priced at 40 cents.

A rag rug of sky blue has a border of green and pink, and a center of pink and green. It is about two feet wide and four long, and costs \$1.60 at a Seventh street department store.

Telephone Main 5200 and ask "The Shopper" for information giving the names of shops which carry the articles referred to in this column. Mail inquiries should be enclosed with a stamped, addressed envelope or postal card for reply.